Good nutrition is especially important for older adults

Partaking in and sharing a meal is one of the most fundamental and significant influences on our everyday enjoyment of life. Food and nutrition can have a significant impact on quality of life by meeting our physical, functional and lifestyle needs.

Good nutrition is especially important for older adults, whether living in their own homes, or within care facilities. Older adults are at increased risk of malnutrition; they can experience changing nutrition needs as a result of illness, loss of appetite, reduced independence and the ability to cook or shop, or social isolation.

In the busy environment of the McLean Care® kitchen, we ensure that our staff have ready access to best practice nutrition information for all the special diet needs of our residents. We provide optimal, safe, nutritious and enjoyable food, with an emphasis on the enjoyment of everyday foods and removing unnecessary dietary restrictions.

The McLean Care® hospitality team focuses on the key areas of menu planning for a balanced diet and optimal nutrition, catering to individual needs, understanding swallowing difficulties and modified food textures, the dining environment and resident independence, oral health, and food and nutrition for those living with dementia.

Good nutrition in the aged care setting is about helping older people to achieve healthy and active ageing, by maintaining weight, muscle strength, bone strength and independence, and actively participate socially and engaging with others.

Wash your hands - it can be nasty

Gastroenteritis, also known as ‘gastro’, is a common illness that can cause vomiting and diarrhoea, and many types of gastro are easily spread. Whilst gastro is not usually serious, elderly people are particularly susceptible to the more severe complications of gastroenteritis.

McLean Care® has specific protocols in place, including strict adherence to high food safety standards and additional food handling precautions. We have well established hygiene measures in place, including the adapted WHO ‘5 moments of hand hygiene’ protocols, isolation and cohorting practices for residents who have gastroenteritis symptoms where necessary, keeping infected staff members at home, increasing personal protective measures, and cleaning resident environments in accordance with established guidelines.

The most important treatment for gastroenteritis is to drink fluids. Frequent sips are easier for older people than a large amount all at once. Keep drinking regularly even if you are vomiting. You can also get rehydration fluids from a pharmacy, which are the best fluids to use in cases of gastro, especially for older people.

To reduce the risk of catching or spreading gastro, WASH YOUR HANDS well after using the bathroom or changing nappies, and before preparing or eating food.

If you have gastro, it’s best to stay home until the symptoms have been gone for at least 24 hours. There have been several outbreaks of gastro in aged care facilities across the country over recent months. McLean Care® is asking that if family of Residents believe they have been in contact with people with gastro-like symptoms recently, to please not visit the Residential facilities to ensure risk minimisation.

It’s been a wonderful and exciting year for McLean Care®

Two years ago we set a three-year strategic course. At times we have been tested, of course, but we continue to stretch beyond areas of specific responsibility to find better answers to tough challenges, and achieve the goals that we have set. There is ample evidence that we are moving forward, and are positioned to realise all of our set objectives.

This year has seen us achieve significant growth in services, especially with the range and scope of community and home care packages services we are now able to offer, and our CWA House Oaky acquisition in June, which has opened up a new market for McLean Care®.

We have achieved recognition of innovative capabilities, with our successful application for seed funding to develop the Virtual Reality Driving Simulator for people aged 70-80 years. This is a very exciting project, which is now well underway; it has the potential to make a significant difference in the lives of older people, and potential for growth and replication across many communities.

As a stronger organisation we are better placed to serve our communities, our clients and residents, and all of our stakeholders, and we have and will continue to build deeper relations. We have created some great partnerships along the way, this year - in Tamworth, with our Tamworth Gardens Retirement Estate partnership, and of course, with the community in Oakey.

This is a time for reflection of where we have been, and the goals we resolved - in Tamworth, with our Tamworth Gardens Retirement Estate partnership, and of course, with the community in Oakey.

As we now enter the final year of our strategic plan, our focus and strategy will be on providing our residents and clients, and all other stakeholders, with the very best service, and unlocking this value to those that we currently do not serve. There is much work to do, there will be further challenges ahead, and we will meet those challenges head-on.

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<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>What was the mission that successfully landed Neil Armstrong and Buzz</td>
<td>Apollo 11</td>
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<tr>
<td>Aldrin on the surface of the moon?</td>
<td></td>
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<tr>
<td>Name the four members of Hanna-Barbera’s the Banana Splits.</td>
<td>Fleegle, Drooper, Bingo, Snorky</td>
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<td>What’s the largest Australian-owned brewery?</td>
<td>Coopers Brewery</td>
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<tr>
<td>Who is Australia’s longest living prime minister?</td>
<td>Gough Whitlam (98 years)</td>
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<td>What is scrod?</td>
<td>Edible form of whitefish</td>
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<td>Who is Reginald Dwight?</td>
<td>Elton John</td>
</tr>
<tr>
<td>What was the South Australian volcano that contains the Blue Lake?</td>
<td>Mount Gambier</td>
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<td>What is the largest island?</td>
<td>Melville Island, the largest island</td>
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<tr>
<td>Which is furthest from sea level: the Mariana Trench?</td>
<td>Mariana Trench</td>
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<td>What solar system object is Ceres?</td>
<td>A dwarf planet</td>
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<td>What was the top of Mount Everest, or the bottom of the Mariana Trench?</td>
<td>Mariana Trench</td>
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Focus on promoting health and wellbeing

The Department of Defence commenced an investigation into the nature and extent of groundwater contamination on and around the Army Aviation Centre Oakey in 2012. Despite the difficulties in Oakey, the town’s wellbeing committee wants everyone to know there is nothing to be scared of.

In response to an ongoing PFAS underground water investigation, the committee created the first Oakey Health and Wellbeing Expo to showcase all of the town’s positives.

Committee chairperson, and Oakey resident of 35 years, Bonnie Teshner, said that there is a lot of good in Oakey; it is a typical rural town, filled with people who just want to help, and who are positive people.

McLean Care® joined the Oakey community for the Expo on Sunday the 16th of July. We shared in the huge response from the community and local businesses, where the focus was on promoting health and wellbeing, as well as injecting positivity into Oakey. It was a wonderful opportunity for people to get in touch with their community and see what is on offer locally.

Rugby League Legend, and former Broncos champion, Shane Webcke was a popular attraction amongst locals. Shane provided us with our Lucky Door Prize…

McLean Care® purchased the coveted maroon jumper from this footy great, who represented Australia in 26 tests, and was named Daily M Prop of the Year 3 times! McLean Care® donated the jumper at the expo.

We listened to your feedback!

Over the last 12 months we have received a lot of feedback regarding outdoor spaces in the residential facility and our gardens, and our Residents being able to access the outdoor spaces we create. We are delighted to share some of our current projects with you.

Firstly, our garden project has seen huge changes to the circular driveway in Beresford Coward Hostel, and the centre courtyard in the Argyll Centre. We have pruned, weeded, replanted and redesigned to bring you some pretty sensational spaces for your daily pleasure! We know there is such a huge and very important connection between nature and wellness.

Secondly, after many frustrating delays, we finally have our village green gazebo well into the construction phase. It features full pathway access, a built-in barbeque and cooking area, and most importantly, plenty of space! Completion is scheduled just in time for the warmer months, and we cannot wait to share this space with you!

Please continue to share your feedback and ideas with us – there is no finish line – just bigger and better results!